NEO Institute of Functional Medicine

...Your Center for Hope & Healing

Cold & Flu Prevention

General Daily Support:

- Avoid excess dairy and sugar.
- Eat high quality protein and lots of fruits and vegetables.
- Irrigate nasal passages with NasoPure or a Neti Pot daily.
- Gargle with salt water or Colloidal Silver after exposures.
- Consider Argentyn Throat Spray or Nasal Spray 3 to 5 times daily with exposure.
- Take a hot shower/bath twice daily.
- Wash hands regularly with soap.
- Bonus: run an air purifier to help keep the air around you clean.

At the first sign of cold/flu symptoms such as runny nose, sneezing, sore throat, etc consider the following:

Supplements to strengthen resistance:

- Choose a form of Vitamin C:
    - Ultra Potent C 1000 from Metagenics - Take up to 2,000 mg per day.
    - Lypo Spheric C from Livon Labs - 1 packet twice daily.
    - Stellar C from Designs For Health - 1 to 2 capsules daily
    - C-Flav from Ortho Molecular - 1 to 2 capsules daily
    - Buffered C from Ortho Molecular -1 to 2 capsules daily
    - Vitality C powder from American Nutriceuticals - ½ scoop twice daily.
- Zinc 15 mg to 50 mg three to seven days a week.
- Vitamin D 5,000 IU daily for adults. Check with the doctor for the children's dose.
- Immune Active from Metagenics 1 twice daily.
- OrthoMune from Ortho Molecular 2 capsules daily.
- ImmuCore from Metagenics 1 twice daily.
- Transfer Factor Multi-Immune from Researched Nutritionals 1 capsule daily.
- UltraFlora Immune Booster Probiotic from Metagenics to support resistance to infection. 1 capsule daily.

Take one of these to “arrest” your symptoms:

- Sinatrol from Ortho Molecular Take 2 to 3 capsules up to 3 times daily
    - Great for congestion
    - Limit to 1 capsule 3 times daily if you have high blood pressure
- Echinacea Synergy from Metagenics - Take 1 tablet twice daily
- Echinacea Goldenseal from Nature’s Sunshine capsules or tincture
- VSC Tincture or capsules from Nature’s Sunshine
- ImmuCore from Metagenics - 3 tablets twice daily
- Immune Active from Metagenics - 2 capsules twice daily

- Viracid from Ortho Molecular - Use 1 capsule per hour. Do not exceed 2 capsules per hour.

Add on the following herbal antibiotics if you are feeling worse:

- Candibactin AR from Metagenics - 2 tablets twice daily for 7 to 10 days.
    - For chest and nasal congestion
- Candibactin BR from Metagenics - 2 tablets two to three times daily for 7 to 10 days
- Olive Leaf Extract from Designs for Health - Take 1 capsule in the morning and 1 at night
- ADP from Biotics. Use the serving size twice daily

Additional supplements to support your immune system:

- Black Elderberry Extract from Cardiovascular Research - 1 teaspoon three times daily
- Rapid Defense Gummies from Gaia Herbs - 2 gummies three times daily
- Black Elderberry Extra Strength Gummies from Gaia Herbs - 2 gummies once daily

For nasal symptoms:

- Sinatrol from Ortho Molecular - 3 capsules two to three times daily
- Sinuplex from Metagenics - 1 tablet twice daily
- N-Acetyl-L-Cysteine - Take 600 to 900 mg two to three times daily
    - A natural mucus thinning agent, amino acid and antioxidant
- Inspir-Action from Bioclinic Naturals - 1 to 2 tablets up to three times daily
- Propolis Nasal Spray from Beekeeper's Naturals - 2 sprays as needed
- Irrigate with NasoPure or a Neti Pot
- Steamy showers and baths may help

For coughing and sore throat:

- Inspir-Action from Bioclinic Naturals - 1 to 2 tablets up to three times daily.
- Argentyn 23 (Colloidal Silver) liquid nasal or throat spray to help fight bacteria - As needed.
- Peppermint Eucalyptus lozenges or Ginger Lemon lozenges from Beekeeper's Naturals - As needed
- B. Soothed Elderberry lozenges from Beekeeper's Naturals - As needed
- Gargle with salt water
- Drink herbal tea with honey

For body aches:

- Phytoprofen from Thorne - Take 2 capsules up to four times daily
- Boswellia Phytosome from Thorne - Take 2 capsules up to three times daily
- SPM Active from Metagenics - Take 1 to 2 gels twice daily
- Inflavonoid Intensive Care from Metagenics - Take 2 capsules three times daily
- Gently stretch
- Epsom Salt Soaks
- Magnesium Butter from EssenceMaker Aromatherapy - apply to tender areas twice daily

If not improving within 72 hours, schedule an evaluation in our office, with your primary care physician or urgent care.